

(8)

Talking to my gallery through glass
the wall 7/31

'Don't drink the Kool-Aid' aw-shit, im fucking blonde.
'like I said wrap it up' *11 min. ^{'how long? 'even ask? 'they like to play these games!'} past phone call etc
Oh shit, wrap it up, gotta put a condom
on or something ;)
gotta be a model citizen



Shhh - GO TO SLEEP OR ELSE!

theory on children losing wakeful/creative
spirit in response to shaming by guardians
and taking on the shh's persona/
control ego ~ slowly overtime

Shh / Shame / Sleep / No / Silence
the power over struggle impressed
and a shadow dominator rules over
fear/defense / numbing the wakeful
and sensitive / the beginning of
mind control by threatening.

→ sourced from thoughts on headaches
as a result of sleep apnea - and the
benefit of sleep in auto regulating
the breath

But you can regulate breath / avoid
headache + move blood on water &
oxygen through your body to
avoid constrictions (yoga & sleep)

regaining control / benefits of manual
over auto pilot & Vice Versa.